

Sustainability through time

purpose

Sustainable relationships and work means expending energy and holding concentration while minding your needs. An essential skill set involves a firm mental grasp on both the previous and future impacts we have without leaving present awareness.



Staying-in-the-present allows alignment with deeper intention. It involves keen awareness to the momentary nature of your sustainability needs. The guided process below is designed to assist you in increasing intentionality and prompt you to nurture your sustainability needs through time. At the end you'll personalize a visual sustainability cue. Let's get started!



**beginning,
incubation**

Initial spark of interest or action...

First consider what you need when you take on a new relationship or project. Jot down 3 ideas of what you need to build a foundation for a new endeavor. (Mentorship? Time to acclimate? Basic knowledge?)

**experienced,
accustomed**

...insight and nuance develop...

Next, call to mind what it's like to have been doing something for a while. It can be any type of work or relationship in which you are very familiar. Perhaps this is the time when things become routine. What do you need to keep you motivated and interested? (New challenges? Acquiring more dimension to your perspective? A peer as a sounding board?) List 3 needs.

**wisest,
most cultivated**

...teach, release, pass down.

Finally consider what it means to be seasoned at something. This is your wisest, most experienced place. What is that you want people to learn from what you've cultivated? Consider 2 or 3 ideas. (Priorities? Challenges to overcome? Best practices?)

Now answer what three things will allow you to share those in a meaningful way. (Security? Interested mentees? Knowing when it's time to move on?)

Lastly fill in your nine responses below, between the { }s.

Notice the color of the gradation. The beginning, incubation area is the same as the wisest, most cultivated area. This is to represent the cyclical nature of sustainability needs. The curvy, looping blue line represents time, and the fact that experience is not always linear. While things change, we circle back to themes. If you were to cut the box out and roll in into a cylinder, the blue line and lighter blue gradation could meet each other.

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